

West Hartford Senior Fitness Center

Membership Procedures

Dear Prospective Member,

We are pleased that you are taking the first step towards making a healthy lifestyle change. We hope the Fitness Center can help increase your confidence, make you feel younger, more energetic, and give you a feeling of accomplishment.

To become a member of the West Hartford Senior Fitness Center, you need to follow the three steps listed below.

- 1) Medical Approval Form
- 2) Health History Questionnaire/Waiver Release & Informed Consent
- 3) Fitness Orientation
- 4) Be a current member of the Senior Center

Have your physician complete the **Medical Approval form** and return it to the Fitness Center.

Next, you must fill out a **Health History Questionnaire** and sign a **Release of Waiver and Informed Consent form**.

Finally, schedule your **Fitness Orientation**. This appointment will give you a basic introduction to the Fitness Center. The Exercise Physiologist will explain the use of your exercise card, show you how to use the equipment and take you through your first workout.

Thank you for your cooperation in promptly completing this process. We look forward to working with you soon

Sincerely,

Gina Marino
Senior Center Director

West Hartford Senior Fitness Center

Policies

1. Participants must have their medical approval form, health history questionnaire/release of waiver/informed consent and fitness orientation completed before they start exercising.
2. Individuals must follow the rules of exercising safe and effectively as explained during their fitness orientation.
3. Members have the opportunity to sign up for a “**one on one**” appointment with the Fitness instructor to fine tune their program or go over new exercises. (This can be done after your fitness orientation is completed. It is 60 minutes long and there is no charge.)
4. Members must refrain from wearing perfumes and or colognes while exercising in the center.
5. Members must wear athletic footwear while using the fitness equipment.
6. There is a 20 minutes time limit on cardio equipment unless no one else is waiting.
7. Volunteers will be provided in the fitness center periodically in the absence of the Fitness instructor. Volunteers are not responsible for fitness training or assistance with the equipment.
8. The West Hartford Senior Center reserves the right to revoke membership at any time if it is determined that continuation of participation is detrimental to the well being of the participant or other fitness center members or if the participant is not following safety policies and rules.